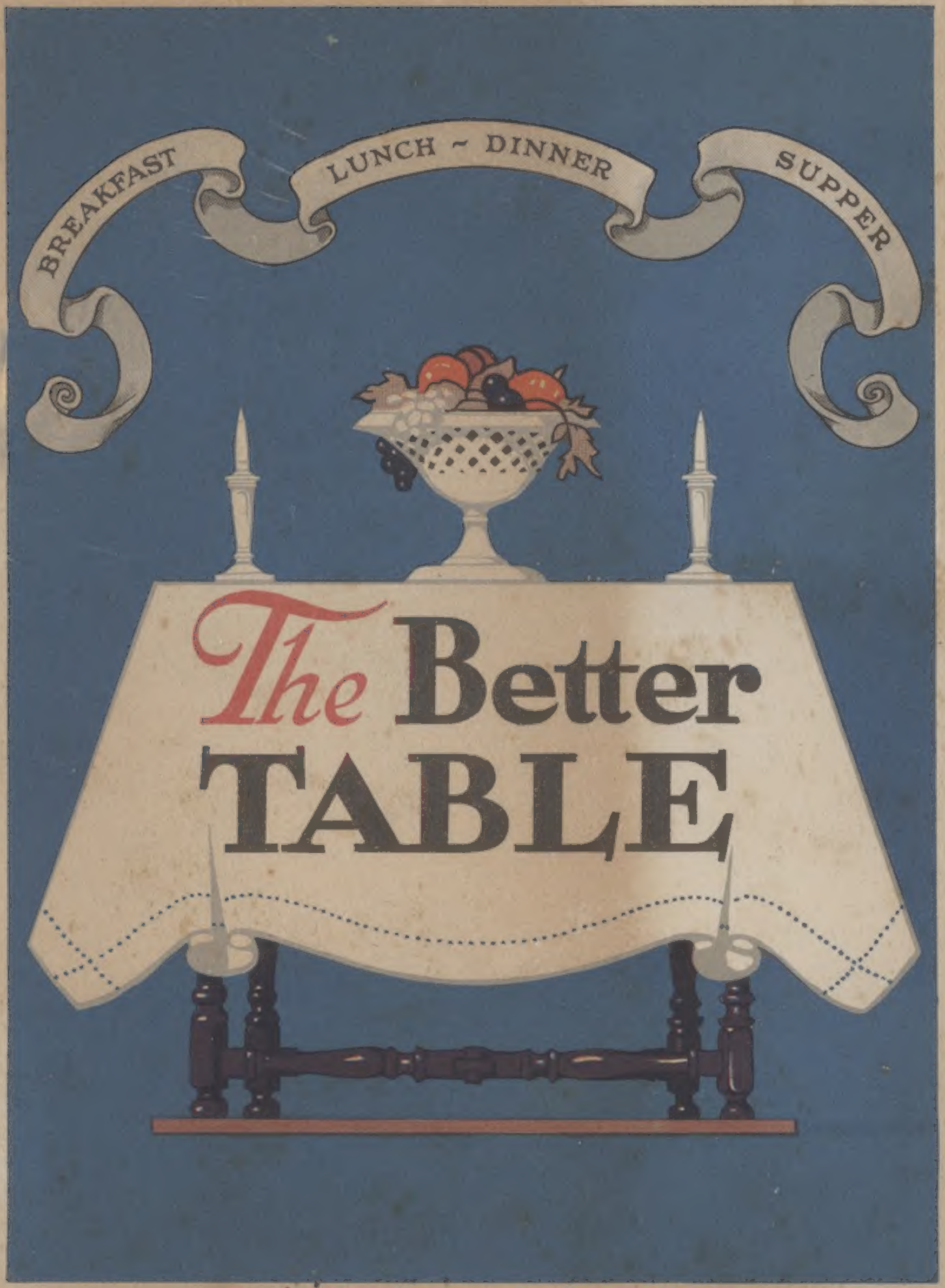


The Better TABLE

The BETTER TABLE

A collection of
delightful dishes
prepared with

PRESTO
SELF-RISING FLOUR

H-O
HORNBY'S OATMEAL

FORCE
TOASTED WHEAT

The H-O Cereal Company Inc.
Buffalo, N. Y.

A Trip Through the H-O Kitchens

IMAGINE, if you can, using 60 to 70 cleaning processes to prepare food for your home table.

It sounds fabulous, doesn't it? Yet, that is just what the H-O Master Millers do to make H-O "The Best Breakfast in the World." And not only in these cleaning processes but throughout the entire manufacture of H-O the same infinite pains and care are taken.

From the states where the finest oats are grown, the selected, properly ripened grain is sent in trainloads to the H-O Mills at Buffalo. The oat grain as received is very different from the beautiful, curly, nut-brown H-O which is the favorite breakfast dish in millions of homes. In shape and appearance the natural oat resembles a medium-sized seed, although in actual construction it might be likened to a nut. It has a tough, shiny outer hull and an inside covering (called the bran) which encloses the "meat" or oat kernel (known as the groat).

The outside covering or hull of the oat is hard and indigestible, like the shell of a nut, and must be removed. The inside bran covering, however, which contains valuable mineral salts and many body-building materials, is an excellent human food and is preserved intact through all the H-O processes.

Considerable foreign material—grasses, leaves, sticks, straws and small seeds—comes with the oats. To separate these foreign particles from the grain requires innumerable processes of cleaning, sorting and grading by screens, sieves and air suction.

The Famous Deep-Pan-Toasting Process—After the foreign materials and under-sized oats have been removed the whole, unhulled, selected oat grains are poured into deep toasting pans

built over huge brick fire ovens. A rotating agitator keeps turning them over and over during the toasting so that every grain is evenly browned and dried.

This process—known as "deep-pan-toasting"—is one of the features which distinguish H-O from ordinary rolled oats. Pan-toasting first develops that sweet, grainy, nut-like flavor of H-O and its rich brownish shade. H-O, unlike ordinary rolled oats, is not a "bleached" starchy color but golden brown, a tint which only the special H-O pan-toasting process can produce!

The oats then travel to the hulling machines where old-fashioned burr stones remove the hull from the inner meat or groat.

How H-O is Steam-Cooked—And now the groats are at last ready for the famous H-O steam-cooking process, another exclusive H-O method which helps make the product superior to rolled oats and ordinary oatmeal.

This steam-cooking of H-O is the equivalent of an overnight preparation in the home and so pre-cooks H-O that only a brief boiling or steaming in the morning is necessary to prepare it for your breakfast table. *It is unnecessary to prepare H-O the night before.*

The steam-cookers are large cylindrical boilers where the groats are cooked two hours under steam pressure. Each groat is swelled almost to bursting with steam. In this manner the individual starch cells are cooked thoroughly without breaking down their walls or cracking the bran.

The full grain flavor and the rich color of H-O are now fully developed.

Drying and Flaking Follow Steam-Cooking—After steam-cooking, H-O is dried with heated air and then rolled, but here again care is taken not to crush the oat into a thin, flat wafer of oat starch. The oat is rolled in such a way that the moment the grains

leave the rollers, which split the outer bran covering for the first time, the flattened oat groats snap or spring back at once and become curly edged. Thus you get an oat that is meaty and plump, very different indeed from the ironed-out, flat-rolled oat produced by ordinary processes of rolling.

Because of these special processes, H-O when cooked gives you a dish of cereal in which every oat is individually perfect, separate and whole, instead of the pasty, mushy oatmeal produced from ordinary rolled oats. *H-O "cooks up," not down.*

Immediately after rolling, in order to retain intact its luscious, full flavor and aroma, H-O is packed. The H-O carton protects the product from moisture, dust, dirt and weevil, keeping it fresh and sweet—preserving its nut-like grainy flavor.

H-O the Most Nutritious of Cereals—Scientists tell us that of our many cereals, oats, corn, barley, rye, rice, etc., the class to which H-O belongs—oats—is the most wonderful of all.

H-O contains an almost perfect balance of food elements necessary for the growth and health of the body. It ranks with milk as one of the most healthful foods. In fact, experiments have recently been successfully made to produce a milk substitute from the oat. These are the reasons why H-O is such a good food for children. Scientific experiments prove that you can live, thrive, and maintain health on a diet that is 85 per cent H-O.

When you use H-O in breads, muffins, cakes, puddings, cookies, waffles and griddle cakes, you add the vital nourishment so necessary to the family's well-being as well as give them new flavors. Use H-O more frequently in the preparation of these dishes—delicious recipes for which are given in this book, serve H-O more frequently on the luncheon and supper table as well as for breakfast; give it to your family not only for their health's sake but because of its own inherent goodness.

H-O-Recipes

Delightful Ways to Serve H-O

How to Cook H-O for Breakfast

Stir slowly one part H-O into two parts boiling water salted to taste. Be sure to salt water before adding the H-O. H-O is steam-cooked at the mill and therefore will cook up more quickly and better than ordinary rolled oats. Boil at least 20 minutes. If using double boiler, boil rapidly but do not stir. If using ordinary kettle, add H-O to the boiling water and keep simmering 20 minutes—stir occasionally.

If a drier cereal is preferred, use equal parts of H-O and water. Salt to taste and cook as above.

Serve H-O hot with milk or cream and sugar or with syrup. Or cover hot H-O with butter sprinkled with sugar.

If a moist cereal is desired it can be prepared in the double boiler as follows: For every cupful of H-O which you are to cook, measure three cupfuls of boiling water and salt to taste.

Pour the measured water into the top of a double boiler and place directly over the fire—using an asbestos mat under the pan if you are cooking over a direct flame, such as a gas stove.

When the water is rapidly boiling, add the salt, slowly sprinkle in the H-O and allow it to boil vigorously at least 20 minutes, stirring occasionally so that it will not stick.

Replace the double boiler top in the bottom—which contains boiling water—and keep hot in this manner until ready to serve the H-O.

H-O With Fruit

In the fresh berry season, when strawberries, raspberries, huckleberries or peaches are in the market, a comparatively small amount of these fruits can be made to serve a family of six or seven for breakfast by serving a small amount of the fruit with each dish of H-O.

Prepare the fruit as usual and arrange it daintily around and on top of a serving of H-O. Sprinkle the whole with sugar and serve with cream. H-O and prepared dried fruit also make a very appetizing combination. The fruit not only adds a touch of color but give a new flavor to the dish.

H-O Summer Breakfast

If you've never eaten—or never served H-O cold—you don't know what a summer treat you've missed. Cook the H-O as usual, sweeten it slightly with molasses or sugar and press it through a coarse strainer. Pour this into buttered custard cups and put it in the ice box to "set." Turn out into cereal dish, surround with fresh fruit if possible and serve with sugar and cream.

An H-O Breakfast makes the day

H-O With Raisins

A few minutes before removing H-O from the fire, add 10 to 12 raisins for each individual serving of H-O. Allow the raisins to cook in with the H-O for five minutes. They will puff up, sweetening and flavoring the H-O slightly, as raisins contain a large amount of sugar.

Arrange the cooked H-O and raisins in a hot cereal dish and serve with cream.

H-O With Preserves

Peach preserves, spiced peaches and pears as well as canned or "put" strawberries, raspberries, or cherries, makes a delightful addition to H-O.

After the H-O is arranged in the serving dish, pour one or two tablespoonfuls of the preserves over it. If plenty of the sugar syrup in which the fruit was canned is used, no additional sugar will be needed in serving. Serve with or without cream as preferred.

H-O With Jelly

Just before serving H-O after it has been arranged in the cereal dishes, top it off with a spoonful of bright red currant, apple or other jelly which you may have on hand. This tiny bit of color is a special delight to children giving them new interest in the dish. Try it some morning and see how quickly the H-O disappears.

H-O Fried Mush

1 to 4 cups cooked H-O
frying fat or oil
flour for dipping
salt

Add a little salt, recook the H-O until very thick, strain through a coarse wire strainer into a buttered brick shaped or small round mold. Set aside and, when cold and solid, cut into slices, dip well in flour and fry in fat or oil until a golden brown. Serve with syrup or jam.

H-O Gruel

For Children, Elderly People and Invalids

¼ cup of H-O
1⅓ cups boiling water
¼ tsp. salt
½ to 1 cup milk or cream

Slowly sprinkle the H-O into the rapidly boiling salted water in the top of a double boiler. Allow to heat directly over the fire for five minutes; then insert in bottom boiler which is ⅔ full of boiling water. Continue the cooking over hot water in this manner for one hour. Strain through a fine strainer, return strained gruel to fire and again bring to boiling point. Thin with ½ to 1 cupful of milk or cream to make a thin gruel the consistency of a thin cream soup. This recipe measures approximately 70 calories in fuel value before the milk or cream is added.

An H-O Breakfast makes the day

H-O Water

½ cup H-O
2 cups water
½ tsp. salt
milk as desired

Grind the H-O through the finest cutter of a meat or food chopper, or pound it to a fine meal in a mortar. Place in a tall glass and add ¾ of a cupful of the water from the above quantity. Stir. Allow to stand a few moments and strain off the oatmeal water. Add another ¾ of a cupful of the fresh water to the H-O, stir, let stand a moment and pour off as before. Repeat the same operation with the remaining fresh water, continuing until the entire quantity of water has been used. Add the salt and boil all of the extracted oatmeal water for ten minutes, stirring constantly. Thin with milk or cream as desired and serve.

H-O Invalid Jelly

1 cup H-O
½ tsp. salt
3 cups boiling water

Slowly sprinkle the H-O into the rapidly boiling salted water. Boil for five minutes and press entire quantity through a coarse wire strainer into the top of a double boiler, the bottom pan of which is ⅔ full of boiling water. Allow the strained H-O to steam for an hour and a half or until quite thick—yet smooth and starchy. Sugar to taste, adding from four to six tablespoonfuls of sugar and season if permitted with nutmeg or cinnamon. Pour into buttered custard or jelly molds. Chill and serve with cream or milk and sugar, fresh or preserved fruits.

H-O Fluffy Omelette

⅓ cup cooked H-O
2 eggs
1 tbsp. PRESTO Self-Rising Flour
¼ tsp. salt
1 tbsp. sugar

This omelette makes the equivalent of a three-egg omelette with two eggs, using H-O as an extender.

Separate the yolks and whites of the eggs. Beat the yolks until thick and lemon colored and add the salt, PRESTO Self-Rising Flour and sugar and cooked H-O which has been recooked to a thick paste. Blend these ingredients well, beating for a moment or so. Beat the whites of the eggs until stiff but not too dry. Then fold the whites into the yolk mixture very slowly, being careful not to break the air cells which have been beaten into the egg white. When blended pour into a well buttered, piping hot frying pan. Reduce the heat immediately and cook very slowly for 8 or 10 minutes. This will "set" the omelette on the bottom and allow it to cook at a low temperature. When it is set, dry the top slightly by holding a lid over the pan for a moment or by placing in the oven. Fold the omelette over and serve at once. It may be filled with jelly, chopped ham or some other filler if desired.

H-O Breads are healthful & nourishing

Healthful H-O Recipes

H-O Yeast Nut Bread

A Three-Hour Yeast Bread

1½ cups uncooked H-O
1 cake yeast
1 tsp. salt
2 cups warm water
2 tbsp. sugar
1 cup chopped nuts
1½ cups flour

Pour the warm water over the H-O. Add the 1½ cups of flour to the H-O, then add the yeast cake which has been dissolved in ⅓ of a cupful of lukewarm water. Add the salt and sugar. Beat well and set in a warm place to rise about ½ hour. Then add nuts and enough extra flour to make a soft dough and knead lightly on a slightly floured board. Cover and let rise in a warm place about 1 hour longer. Make into 1 large or 2 small loaves. Half fill buttered bread pan with the dough and let rise in pans until about double in bulk. Bake about 45 minutes in hot oven, gradually reducing the temperature, after the first fifteen minutes.

This recipe makes a good textured bread with pleasant nut flavor.

H-O Muffins

1 cup uncooked H-O
1 cup PRESTO Self-Rising Flour
3 tbsp. sugar
1 cup milk
1 egg
1 tbsp. butter

Scald the milk, pour it over the uncooked H-O and let it stand one half hour before mixing. Add the egg beaten until white and yolk are blended and the melted butter. Beat well. Bake in greased muffin tins in moderately hot oven for from twenty minutes to half an hour.

Muffins Made With Cooked H-O

¼ cup cooked H-O
1 cup PRESTO Self-Rising Flour
1½ tbsp. sugar
1 tbsp. melted butter
½ cup milk
1 egg

Sift the dry ingredients together, add the milk and egg, well beaten and then the H-O which has been recooked to evaporate any excess moisture. Add the melted butter. Beat well. Drop by tablespoonfuls into buttered muffin tins and bake in a moderate oven from 25 to 30 minutes.

H-O Raisin and Nut Bread

1 cup uncooked finely ground H-O
½ tsp. soda
2 cups PRESTO Self-Rising Flour
¼ cup sugar
¾ cup light molasses
1¼ cups sour milk
1 cup raisins
¾ cup ground nuts

Mix and thoroughly sift together PRESTO and sugar. Add the H-O which has been ground through a meat or food chopper, raisins and nuts. Mix the molasses, soda and milk and add all to the dry ingredients. Pour into well-greased bread pan and bake in a slow oven for one hour.

This recipe makes a delicious raisin and nut bread that is especially good for sandwiches.

H-O Old-Fashioned Cookies

1 cup uncooked H-O
2 cups PRESTO Self-Rising Flour
½ cup butter or substitute
¾ cup brown sugar
½ cup raisins
1 egg
¾ tbsp. milk
1 tsp. cinnamon

Cream butter and sugar and add the raisins. Add PRESTO and cinnamon which have been sifted together and then the H-O. Add the milk and the egg well beaten. Mix well. Drop by teaspoonfuls on a well-greased baking sheet and bake for 15 minutes in a moderate oven.

This recipe makes about 30 moist old-fashioned cookies with a delicious cinnamon flavor.

H-O Macaroons

2 cups uncooked ground H-O
2 eggs
½ cup melted butter
1 cup brown sugar
1 cup PRESTO Self-Rising Flour
½ cup grated cocoanut

Add the sugar to the melted butter and drop in the yolks of the eggs. Beat well. Add the cocoanut. Sift the H-O which has been finely ground through a meat or food chopper, together with PRESTO and add slowly to the other mixture. Blend well. Add the whites of eggs beaten until stiff. Drop from a spoon onto a well-greased pan and bake from twelve to fifteen minutes in a slow oven.

H-O Mock Nut Cookies

3 cups uncooked H-O
2 tsp. PRESTO Self-Rising Flour
¼ tsp. salt
2 tbsp. butter
1 cup sugar
2 eggs
1 tsp. almond flavoring

Beat the eggs, add the sugar and beat until very light Add H-O, salt, PRESTO, all of which have been mixed together. Beat well Add the melted butter and almond flavoring Drop by teaspoonfuls on a greased baking sheet and bake in a moderate oven about 15 minutes

H-O Economy Pudding

1 cup or more cooked H-O
fresh or canned fruit
2 egg whites
8 tbsp. powdered sugar

Pour the cooked H-O, sweetened to taste with sugar, into a casserole or pudding dish and allow to cool Place a layer of fresh berries or canned berries —strawberries, raspberries, etc , or peaches on top of this Beat the whites of the eggs until stiff and add the sugar Spread this meringue on top of the pudding and place in a hot oven for a few minutes to brown Serve with sugar and cream.

H-O Brown Betty

2 cups cooked H-O
½ cup raisins
1 tsp. cinnamon
½ cup sugar
4 apples

Cook the H-O until quite dry, press into a mold and when "set" cut into slices. These slices may be dusted with flour and fried to form a golden brown crust if desired, although this is not absolutely necessary. Cut each slice into smaller pieces and place alternately with the sliced apples in a buttered pudding dish. Sprinkle each layer with the mixed cinnamon and sugar and raisins. Bake in a hot oven 20 minutes.

H-O-Cookies are Delicious

H-O Custard Pudding

1 cup cooked H-O
½ tsp. salt
2 tbsp. sugar
½ cup raisins
¼ cup cornmeal
1 cup milk
2 eggs

Cook milk in double boiler. When hot stir in the cornmeal. Cook until thick and smooth. Add sugar, salt and raisins. Add the H-O and blend. Remove from the fire and cool. Then add beaten yolks of the eggs and last fold in stiffly beaten whites. Turn into buttered baking dish. Place this in a larger pan of hot water. Bake like a custard in a moderate oven about ½ hour. Serve hot with cream or vanilla sauce.

H-O Gingerbread

1 cup uncooked ground H-O
1 tsp. soda
½ cup sour milk
¼ cup sugar
½ cup molasses
1 cup PRESTO Self-Rising Flour
1 tsp. of ginger
¼ cup butter or substitute
1 egg

Mix and sift all of the dry ingredients together—including the H-O which has been ground through a meat or food chopper. Cream the butter and add the sugar and cream again. Add the egg well beaten. Slowly sift in the dry ingredients adding them alternately with the milk and molasses. Beat until blended. Pour into greased oblong pans and bake in moderate oven for about 30 minutes.

H-O Cocoa Cake Made With Sour Milk

1 cup uncooked ground H-O
6 tbsp. cocoa
1 tsp. soda
½ cup sugar
1¼ cup PRESTO Self-Rising Flour
¾ cup sour milk
1 egg
¼ cup butter

Cream the butter and sugar together and add to them the well beaten yolk of the egg Sift PRESTO, cocoa, and soda together and add alternately with the sour milk. Add the H-O which has been ground through a meat or food chopper, also through a sifter. Mix well. Last fold in stiffly beaten white of egg. Pour into buttered pan and bake for thirty minutes or more in a moderate oven.

Frost with sugar icing and while it is still soft, grate chocolate over the top. The chocolate will melt and form a marble textured icing

H-O Candies delight the family

H-O Candies

H-O Peanut Brittle

1 cup toasted uncooked H-O
1 cup sugar
¼ cup molasses
½ tsp. almond flavoring
1 tbsp. vinegar
2 tbsp. boiling water
½ cup butter

Add the boiling water, molasses, vinegar and butter to the sugar and cook together until, when tried in cold water, the mixture becomes brittle. Pour the uncooked H-O on a pie pan and toast in a hot oven for about five minutes. Add the H-O to the sugar-syrup just as the brittle stage is reached and pour all immediately into a buttered pan. Mark into squares with knife while hot and when cold and hard break into pieces.

This recipe makes a delicious nutty flavored candy with a peanut brittle consistency, the toasted H-O taking the place of nuts.

H-O Candy Rolls

3 cups H-O
1 tbsp flour
1 tbsp. brown sugar
⅓ tsp. vinegar
½ cup granulated sugar
1 egg
½ cup syrup
½ tsp. salt
½ cup water

Pour the H-O on buttered pans and roast dry in the oven for 15 or 20 minutes to brown. Beat the yolk of the egg well with a little water and then beat with the H-O. Add the flour, sugar and salt through a sifter. Add the syrup. Beat together. Cook the granulated sugar and water together until they will spin a thread, add the vinegar and cook a second or so longer. Place the H-O mixture in a bowl over a pan of hot water and slowly pour the sugar-syrup on it. Blend well and form into balls, or tiny cylindrical rolls and place on buttered pan. If preferred, mixture may be dipped by teaspoonfuls onto buttered pan, forming kisses.

H-O Fudge

1 cup uncooked H-O
6 tbsp. cocoa
1 tbsp. butter
2 cups sugar
¾ cup milk
1 tsp. vanilla or almond flavoring

Pour the H-O on buttered pans and toast in the oven for 5 minutes or until quite brown. Melt the butter, add the sugar and cocoa mixed together and then the milk. Cook slowly until boiling point is reached and continue cooking until the fudge will form a soft, firm ball when tried in cold water. Remove from fire and place pan containing fudge in cold water. Cool slightly, beat gently and add vanilla Last add the toasted H-O and pour all into buttered fudge pans. Cut into squares before hard Break into pieces and serve.

The Story of FORCE

FORCE Wheat Flakes is entirely different from any other flake cereal. FORCE is not a thick, tough flake that becomes heavy and soggy after milk has been added, but, on the contrary, it is a very thin and palatable flake of a golden-brown color, crisp and full of flavor—a delicacy that children especially like and yet a real food that will give life, health and vigor to young and old alike.

FORCE is a substantial strength-and-energy food, thoroughly cooked and *ready to serve*. It is easily digested.

FORCE is wheat—a grain rich in vital food elements. It is the whole wheat cooked with malt which renders it especially digestible. It is crisp enough to compel thorough mastication.

The choice wheat grains, which have been cleaned again and again, are cooked by live steam in the FORCE Kitchens to break the hard starch cells. The highest quality of pure barley malt and salt are added to develop the distinctive FORCE flavor. After the steam-cooking process the wheat grains are rolled thin and then toasted until they are so delicate and delicious that they fairly melt in the mouth. Through all of these processes the nourishment that is in the wheat is retained, and in fact increased by the addition of the other ingredients.

FORCE is usually served with cream or milk—hot milk in winter if you prefer it—but you will also enjoy the delicious cakes, scones, puddings and other dishes made according to recipes given in this book. They are easy to make and offer a delightful change for any meal.

Force Recipes

Some Dainty FORCE Dishes

FORCE with Berries

Arrange a few fresh berries, strawberries, raspberries, huckleberries or any seasonable berry fruit in the bottom of a cereal dish and then fill with FORCE Wheat Flakes. Arrange the rest of the berries around the top and sides of the FORCE and serve with sugar and cream.

FORCE with Fresh Peaches and Cream

This novel way of serving FORCE with fresh peaches is used in one of the big New York hotels. The peaches are cut into large sized quarter slices and each slice is rolled until completely covered in FORCE Wheat Flakes.

The slices are attractively arranged in sunflower fashion in a cereal dish, the center of the flower being a small mound of sugar. Ice cold heavy cream is served with the dish and additional sugar if preferred.

FORCE with Canned Hawaiian Pineapple

Cut a portion from the center of two ring-shaped slices of canned Hawaiian pineapple until a good size ring is formed. Fill the center of this ring with FORCE Wheat Flakes mixed with the cut pieces of pineapple.

Pour pineapple juice over all and serve without cream but with additional sugar if necessary.

Cocoa Flake Dessert

3 cups FORCE
½ cup sugar
1 egg
4 tsp. cocoa
2 tsp. butter
1 pint milk

Scald milk, remove from fire, add sugar, cocoa, butter and FORCE. When cool add well beaten egg. Put in well buttered pudding dish and bake in hot oven about ¾ hour. Serve hot with hard sauce or cold with whipped cream. One-half cupful of seeded raisins may be added if desired just before baking.

FORCE Nut Cookies

1½ cups FORCE
½ cup sugar
1 cup chopped walnuts
1 tsp. almond flavoring
1 egg

Beat the egg well, add the sugar and beat again. Add the FORCE flakes, the chopped walnuts and the almond flavoring. Drop by teaspoonfuls on greased baking sheet and bake in a moderate oven for 15 minutes.

Force Macaroons are simply delicious

FORCE Cocoanut Cookies

1 cup brown sugar
½ cup butter
1 egg
⅓ cup milk
1½ cups FORCE
1 cup cocoanut
1 tsp. vanilla
1½ cups PRESTO Self-Rising Flour

Cream butter and sugar, add egg well beaten, milk, FORCE, cocoanut, vanilla and PRESTO. Drop from tip of spoon onto buttered tins well apart and bake in moderate oven about 15 minutes.

FORCE Kisses

whites of 2 eggs
1 cup sugar
1 cup cocoanut
2 cups FORCE
small pinch salt
1 tsp. vanilla

Beat the whites of eggs until stiff Add sugar gradually, salt and vanilla. Fold in the cocoanut and then the FORCE. Drop from spoon onto bottom of a well greased pan Bake in a moderate oven until slightly brown.

FORCE Macaroons

2 cups FORCE
¾ cup light brown sugar
2 egg whites
¼ tsp. salt
½ cup walnut meats

Add the salt to the egg whites and beat until stiff. Add the sugar which has been sifted twice and beat again. Fold in the FORCE and nut meats Drop by teaspoonfuls on an oiled pan, not too closely together, and bake in a slow oven for about 30 minutes When done they should be delicately browned and dry throughout.

FORCE Chocolate Cake

½ cup ground FORCE
¾ cup sugar
¼ cup butter
1 egg
½ tsp. soda
1 square chocolate or
3 tbsp. cocoa
½ cup sour milk
1¼ cups PRESTO Self-Rising Flour
1 tsp. vanilla

Cream the butter, add the sugar and cream again. Add the yolk of the egg well beaten. Grind the FORCE through a meat grinder and sift into the flour Add the soda, salt, cocoa (if used) and sift all together. Sift these again into the creamed butter and sugar. Add them alternately with the sour milk If chocolate is used melt it and add to the butter and sugar mixture. Lastly fold in the stiffly beaten white of an egg Pour into a well buttered pan and bake in a moderate oven for from 30 to 40 minutes When cold frost with a white icing and dot top with grated chocolate, while icing is still warm This causes the chocolate to melt and form a "marble" finish similar to French Pastry Shop Cakes.

Force Recipes

FORCE Gingerbread

¾ cup ground FORCE
1 cup PRESTO Self-Rising Flour
1½ tsp. ginger
½ tsp. soda
¼ cup sugar
½ cup molasses
¼ cup butter
½ cup sour milk
1 egg

Grind the FORCE flakes through a meat grinder and sift through flour sifter. Mix and sift into this all of the dry ingredients, the flour, soda and ginger. Cream the butter and sugar together and add the well beaten yolk of the egg. Add the dry ingredients alternately with the sour milk and molasses until all are added. Lastly add the stiffly beaten white of the egg. Pour into a square or oblong buttered pan to the depth of 1 inch. Bake in a quick oven for ½ hour or more. Turn out on wire cake cooler and cut into squares when cool.

FORCE Scones

2 cups PRESTO Self-Rising Flour
3 tbsps. FORCE
1 tbsp. butter
1 tbsp. sugar
½ cup milk

Mix flour and sugar in a basin, work in the butter, add the FORCE and mix thoroughly. Form into a dough with milk (same consistency as pastry), roll out on a pastry board till about ¾ inch thick and cut into rounds with biscuit cutter. Bake in greased patty pans 15 to 20 minutes in a fairly quick oven. This is sufficient for 10 scones.

FORCE Croquette Crumbs

3 cups FORCE

FORCE makes a most unusual and attractive "crumb" for rolling croquettes or "breading" scalloped dishes when used in place of bread or cracker crumbs.

FORCE used for crumbling croquettes may be ground if desired. Roll the croquette in the ground FORCE, in beaten egg and in the ground FORCE again. This gives an even, smooth coating to the croquette.

If preferred, whole FORCE Wheat Flakes may be used as in the recipe given above, egging the croquette and then dipping it in the whole FORCE Flakes. This produces an unusually attractive croquette with an uneven curly edged coating, that is deliciously crisp and tender after frying.

For all manner of scalloped dishes, scalloped fish, macaroni and cheese, or scalloped vegetables, FORCE Wheat Flakes make a most attractive scallop-"crumbing," the delicate wheat flakes browning and crisping in the oven to a delicious roasted brown.

PRESTO Jelly Roll

PRESTO Biscuits

PRESTO
Raspberry Shortcake

H-O
Economy Pudding

H-O
Summer Breakfast

H-O
Old-Fashioned
Cookies

H-O
Cooked with Raisins

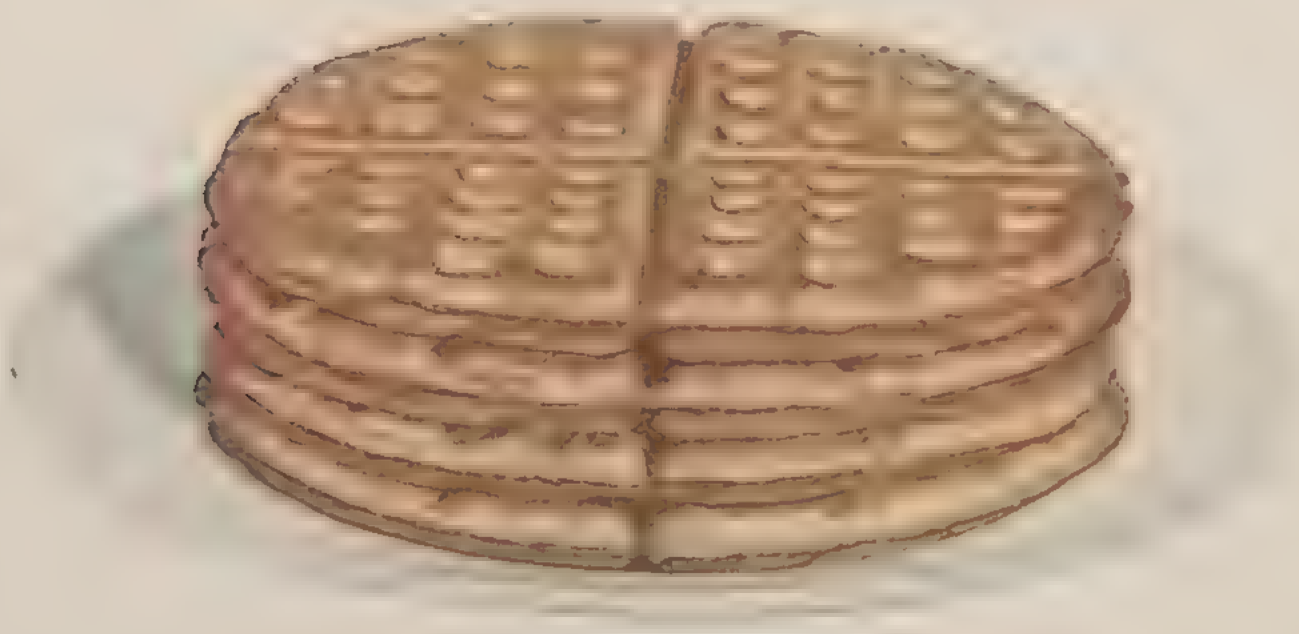
H-O
Fried Mush

H-O
Gingerbread

PRESTO
Orange Layer Cake

PRESTO Raisin Pie

PRESTO Waffles



The Distinctive Value of PRESTO Self-Rising Flour

BAKING flours are divided into two classes, each having a special use. One of these is made from a high grade winter wheat, especially adapted for pastries, biscuits, etc , such as PRESTO Self-Rising Flour; the other is bread flour, made from spring wheat, which contains more gluten and less starch, and is especially adapted for making bread .

Since it is becoming more and more the custom, because of the convenience, to purchase most of the bread used in the home from the professional baker and to bake at home only those special quick breads, finer pastries and cakes so dear to the heart of every good housekeeper, it is more and more necessary that the flour used in the home, instead of bread flour, be a finer, better flour—such as PRESTO Self-Rising Flour.

Baking powder should not be used with PRESTO as this special flour has already been mixed, measured and sifted with the correct proportions of leavening ingredients and salt, and is "ready in a twinkling" to make up into biscuits, pastries, pies and cakes.

If you have never used pure winter-wheat patent flour such as PRESTO for your finer home-baking you do not know what a wonderful texture and quality you can get in your layer cakes, muffins, waffles, biscuits and pastries. To the experienced housekeeper a new and unparalleled quality will be apparent in all of her baking, while to the novice at cooking the ease of baking with PRESTO and the perfect, dependable results will make her marvel at her own culinary powers! But the secret for success for either the experienced or the new housekeeper lies in the inherent

quality of PRESTO Self-Rising Flour and the uniformity with which leavening and seasoning ingredients are added to it, thus eliminating the need for baking powder.

PRESTO Self-Rising Flour is the finest quality of winter wheat flour, weighed, measured and blended in the PRESTO Kitchens with accurate quantities of leavening and seasoning. All are sifted together in mechanical sifters so that you can always depend on positive results with PRESTO. Ordinary teaspoons are inaccurate and it is difficult to get in the home that fine balance of ingredients so necessary to skillful baking. The PRESTO mixing process eliminates this worry for the housewife.

In the PRESTO Kitchens experts make baking tests on every "batch" of PRESTO before it is packaged to make sure that its fine quality, texture and leavening strength are of the PRESTO standard.

Never before have you tasted such biscuits and waffles and pies, such doughnuts and crullers and shortcakes as those which you yourself can make "in no time" with PRESTO Self-Rising Flour. Once you have used PRESTO you will never go back to ordinary flour and the old inaccurate methods of measuring.

Why bother with costly, troublesome baking powder, when you can use PRESTO which is, in itself, self-rising and assures you of positive, uniform results!

In using PRESTO Self-Rising Flour in recipes not given in this book be sure to omit baking powder or other leavening and seasoning as PRESTO contains all these ingredients.

Presto Recipes

Presto Pies

Pie Crust

2 cups PRESTO · **water**
⅔ cup lard

Sift PRESTO, mix in lard with finger tips Cut in water with knife; the quantity of water used depends on the richness of the lard Use just enough to moisten, about ⅓ cup Roll thin. This makes two crusts

Pie Fillings

Apple Pie

5 or 6 sour apples · **2 tsp. butter**
sugar · **cinnamon**

Line pie plate with paste. Select good flavored cooking apples Pare, core, cut apples in eighths, slice thin, put in lower crust. Mix sugar and cinnamon. Sprinkle generously, add butter in small pieces. Cover with upper crust and bake about forty-five minutes in moderate oven.

Berry Pie

(Raspberry, Blueberry or Blackberry)

1 qt. berries · **sugar**
flour

Line a deep plate with paste, fill with berries, dredged with flour; sprinkle with sugar, cover with paste and bake forty-five minutes in moderate oven.

Custard Pie

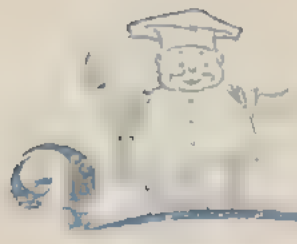
2 eggs · **pinch of salt**
3 tbsp. sugar · **nutmeg**
1½ cups milk

Beat eggs slightly, add sugar gradually, salt and milk. Line pie plate with paste and build rim up high. Put in mixture with nutmeg Bake in quick oven to set rim, decrease heat afterward.

Chocolate Pie

2 squares chocolate · **1 cup sugar**
¼ cup cornstarch · **¼ tsp. salt**
2 cups milk · **1 tsp. vanilla**
3 egg yolks

Melt chocolate in double boiler, add milk, and when hot, add gradually sugar, egg yolks slightly beaten, salt and vanilla. Cook until thickened When cool put in baked crust and cover with meringue.



Presto Pie Crusts are light & flaky

Lemon Pie

¾ cup sugar
¾ cup boiling water
2 tbsp. cornstarch
1 tbsp. flour
2 egg yolks
3 tbsp. lemon juice
grated rind 1 lemon
1½ tsp. butter

Mix dry ingredients, add boiling water. Stir constantly, cooking two minutes, then add butter, egg yolks, juice and rind of lemon.

Line pie plate same as for Custard Pie, turn in mixture which has been slightly cooled and bake pastry until brown. Cool a bit and cover with meringue.

Meringue

2 egg whites
2 tbsp. powdered sugar
½ tbsp. lemon juice or
½ tsp. vanilla

Beat whites until stiff, add sugar slowly, continue beating, add flavoring and spread with silver knife evenly. Bake fifteen minutes in slow oven

Raisin Pie

2 cups raisins
½ tsp. cinnamon
½ cup sugar
1 tbsp. butter
1 tbsp. flour
pinch salt

Cover raisins with boiling water, add cinnamon and cook 20 minutes. Mix sugar, flour and salt. Sprinkle ½ of mixture on lower pie crust, add raisins and sprinkle with remaining half of mixture. Add dots of butter, and upper crust and bake.

Pineapple Pie

1 can grated pineapple
½ cup sugar
2 tbsp. lemon juice
2 egg yolks

Mix pineapple, sugar, lemon juice and egg yolks slightly beaten and put in lower crust and bake in moderate oven Cover with meringue when slightly cool or make top crust of strips of paste.

Butterscotch Pie

2 egg yolks
¾ cup milk
1 tbsp. cornstarch
1½ cups brown sugar
3 tbsp. milk
1½ tbsp. butter

Put sugar, 3 tablespoons of milk and butter in pan and let boil six minutes Add cornstarch dissolved in a little milk, or water, ¾ cup of milk and eggs all well blended. Cook until thick, put in baked crust and cover with meringue

Tarts

Use pie crust recipe. Fill gem pans with pastry, bake in quick oven When cool fill with any desired jam or cooked fruit

Presto Makes the Best Biscuits

Presto Biscuits, Buns and Cookies

Biscuits

2 cups sifted PRESTO
¾ cup milk
2 tbsp. butter (or 1 tbsp. lard and 1 of butter may be used)

Work the butter into the PRESTO with finger tips; add the milk slowly, mixing with a silver knife. Place on a board dusted with PRESTO, pat gently and cut into small biscuits. Bake from 12 to 15 minutes in hot oven

Currant Rolls

Use the ingredients for biscuit. Roll the dough gently to the thickness of ½ inch. Spread with 3 tablespoons of melted butter and sprinkle thickly with 2 tablespoons sugar and ½ cup currants. One tablespoon cinnamon may be used if desired Roll the dough as in jelly roll. Cut in 2 inch slices. Bake in a moderate oven about 15 minutes.

Johnny Cake

2 cups PRESTO
1 pint sweet milk
2 tbsp. sugar
1½ cups corn meal
1 egg beaten
1 tbsp. butter

Sift PRESTO, add corn meal and sugar, then milk, beaten egg and melted butter. Bake in sheet pan, in hot oven, 15 to 20 minutes.

Nut Biscuits

2 cups PRESTO
2 tbsp. butter
3 tbsp. sugar
1 egg
1 cup nuts
½ cup milk

Sift PRESTO and sugar, work in butter with tips of fingers, add egg well beaten, chopped nuts and milk. Drop in greased muffin tins and bake in hot oven about fifteen minutes.

Waffles

2 cups PRESTO
1½ cupfuls milk
2 yolks eggs
2 whites of eggs
2 tbsp. melted butter

Sift PRESTO, add milk gradually, well beaten egg yolks, melted butter and whites of eggs beaten stiff Have iron well greased and hot. In filling put a tablespoon of mixture in each compartment near center of iron

Meat Pie Crust

Use biscuit recipe. Roll out ¼ inch in thickness. Fill baking dish with cubes of meat moistened with gravy. Cover top with crust, putting deep gashes in center. Bake in hot oven.

Presto Recipes

Butterscotch Biscuits

2 cups PRESTO
4 tbsp butter
⅔ cup milk

Filling:
⅓ cup butter
¾ cup brown sugar

Into sifted PRESTO work butter. Gradually add milk, stirring with knife Roll thin and spread with butter, creamed with brown sugar. Roll as jelly roll. Cut into 1-inch slices, put in greased muffin tins and bake in hot oven.

Chocolate Cookies

½ cup butter
1 cup sugar
1 egg
2 oz. chocolate
¼ cup milk
2 cups PRESTO or enough to roll

Cream the butter, add the sugar gradually, egg well beaten, and chocolate melted. Beat well and add sifted PRESTO alternately with milk. Roll very thin. Cut with a small cutter and bake in quick oven

Sugar Cookies

½ cup butter
1 cup sugar
1 egg
¼ cup milk
1 tsp. flavoring
2 cups PRESTO

Cream the butter, add sugar, egg well beaten, milk and flavoring To those ingredients add the PRESTO. Toss on a board dusted with PRESTO, roll, cut in shape and bake in quick oven Do not use more PRESTO than necessary and handle as gently as possible. These cookies can be used as a foundation for Christmas cookies, cutting into fancy shapes, sprinkled with sugar, cocoanut or chopped nuts, as desired.

Filled Raisin Cookies

Use Sugar Cookies recipe, rolling dough very thin Cut in rounds Drop teaspoonful of raisin filling on lower round and add another round pressing edges together. Bake in hot oven.

Raisin Filling

½ box raisins
½ cup sugar
1 tbsp. flour
1 cup water

Put raisins through grinder, add sugar, water and flour Boil all together until thick.

Honey Cookies

1 cup sugar
1 cup honey
2 eggs
½ tbsp. ginger
1 tbsp. cinnamon
PRESTO to roll

Beat eggs well, add sugar, honey, ginger, cinnamon and PRESTO. Roll thin, cut into cookie rounds and bake in moderate oven.

Fried Cakes

¾ cup sugar
2½ tbsp. butter
2 eggs
1 cup milk
3½ cups PRESTO
¼ tsp. nutmeg
¼ tsp. cinnamon

Cream butter and sugar, add eggs well beaten. Into this stir milk gradually, then sifted PRESTO and spices. Add more PRESTO if necessary to make stiff dough. Toss on board dusted with PRESTO, roll ¼ inch thick. Cut with doughnut cutter and fry in deep fat.

Apple Fritters

Pare and core two medium sized apples, cut in slices, sprinkle with powdered sugar and dip in batter.

Batter

1⅓ cups PRESTO
1 egg
⅔ cup milk

Sift PRESTO, add milk gradually and egg well beaten, to make smooth batter. Drop apple, covered with batter in hot, deep fat and fry until golden brown.

Fruit Short Cake

2 cups PRESTO
2 level tsp. sugar
¼ cup butter
¾ cup milk

Mix together the PRESTO and sugar. Into this mixture work the butter with the tips of the fingers and then gradually add the milk, using a knife to mix with. Toss on a board dusted with PRESTO, roll about ¾-inch thickness and then bake 20 minutes in a layer cake tin in a hot oven. When done split, separate and spread with butter. Put one layer on a large platter, cover with crushed berries, sweetened to taste. Put the second layer on top of the berries and again cover with the crushed fruit. Serve with cream and sugar.

Muffins

¼ cup butter
¼ cup sugar
1 egg
⅞ cup milk
2 cups PRESTO

Cream the butter; gradually add sugar, mixing the two well together. Beat the egg and add it to butter and sugar, then beat in the PRESTO alternating with the milk. Turn into buttered gem pan and bake for 20 minutes in a hot oven.

Pop-Overs

1 cup PRESTO
⅞ cup milk
½ tsp. melted butter
2 eggs

Mix PRESTO and milk gradually in order to obtain a smooth batter. Add eggs beaten until light, and butter Beat with Dover egg-beater until full of air bubbles, and bake 30 to 35 minutes in a hot oven. They may be baked in buttered earthen cups, when bottom will have glazed appearance. Small, round iron gem pans are best for Pop-Overs.

Scotch Biscuits

1 cup brown sugar
¾ cup butter
2 eggs
½ cup water
1½ cups H-O (Hornby's Oatmeal)
1½ cups PRESTO

Cream butter and sugar, add eggs well beaten, water and H-O. Stir well and add sifted PRESTO. Drop in well greased muffin tins and bake in hot oven fifteen minutes.

Dumplings for Beef or Chicken Stew

2 cups sifted PRESTO
2 tsp. butter
½ cup milk

Mix butter and sifted PRESTO with finger tips. Add milk gradually. Cut with biscuit cutter and steam 15 minutes or drop from spoon on stew.

Presto Baking makes the meal

Presto Cakes

Cup Cakes

1 cup sugar
½ cup butter
2 eggs
1 cup milk
2 cups PRESTO
½ tsp. vanilla

Cream butter and sugar, add eggs well beaten, then milk, sifted PRESTO and vanilla. Bake in small muffin tins and frost with uncooked chocolate frosting. Raisins may be added if desired.

Presto Fudge Squares

1 cup sugar
1 egg
3 tbsp. melted butter
⅓ cup milk
2 squares melted chocolate
1 cup PRESTO
½ cup chopped nuts
½ tsp. vanilla

Beat egg until thick, add sugar slowly. Then add melted butter, milk, melted chocolate, PRESTO, nuts and vanilla. Spread thin in shallow pan and bake about 20 minutes.

Hermits

½ cup butter or substitute
1½ cups brown sugar
2 tbsp. milk
2 eggs
1 cup raisins
½ cup nuts
½ tsp. nutmeg
½ tsp. cinnamon
a little grated orange peel
3 cups PRESTO
1 cup currants

Cream the butter and add the sugar gradually. Then add milk and eggs well beaten. Sift the PRESTO and add to ½ of the mixture. Add fruit and nuts, chopped and floured. Mix well. Sift the spices with the balance of the flour and add to the mixture. Drop by teaspoonfuls on buttered tins at some distance apart. Bake in moderate oven. These will keep a long time and are delicious.

Apple Sauce Cake

½ cup butter
1 cup sugar
1 egg
1 cup raisins
½ tsp. cloves
1 cup currants or nuts
2 cups PRESTO
½ tsp. soda
1 tsp. cinnamon
1 cup apple sauce

Cream butter and sugar, add well beaten egg, fruits chopped and floured. Add PRESTO sifted with soda and spices, then apple sauce. Mix well and bake in a loaf tin in moderate oven about one hour and a half.

Presto Recipes

One Egg Cake

¼ cup butter
½ cup sugar
½ cup milk
1 egg
1 ½ cups PRESTO

Cream the butter, add sugar gradually, and egg well beaten. Add PRESTO and milk alternately to first mixture. Bake 30 minutes in a shallow pan. Raisins may be added if desired, or baked in gem tins as cup cakes.

Silver Cake

½ cup butter
1 cup sugar
¾ cup milk
2 cups PRESTO
whites of 3 eggs
1 tsp. flavoring

Cream the butter, add the sugar, then alternately add the PRESTO and milk. Beat the whites of eggs very stiff and cut gently into the cake. Add the flavoring. Cover with any frosting desired. Chopped nuts may be added if desired.

Gold Cake

¾ cup sugar
4 tbsp. butter
yolks of 3 eggs
½ cup milk
1½ cups PRESTO
1 tsp. flavoring

Cream butter and sugar, add egg yolks well beaten, milk, and bake in moderate oven about 20 minutes.

Layer Cake

½ cup butter
1 cup sugar
2 eggs
¾ cup milk
2 cups PRESTO
½ tsp. flavoring

Cream butter and sugar, add well beaten yolks, then milk and sifted PRESTO. Last fold in beaten whites and flavoring. Bake in layer cake tins in moderate oven about 20 minutes.

Pound Cake

1½ cups sugar
6 tbsp. butter
4 yolks of eggs
juice and rind of grated lemon
1 cup milk
4 whites of eggs
2½ cups PRESTO

Cream butter and sugar, add yolks of eggs and beat. Then add half of the flour sifted and half of the milk. Add remainder of each and beat whites of eggs. The whites of the eggs must be beaten stiff. Then add juice and rind of lemon, or vanilla. Bake in moderate oven. This makes an excellent loaf cake and is delicious with nuts or raisins or both.

Presto makes many dainty pastries

Devil's Food Cake

1 cup brown sugar
2 squares chocolate
½ cup milk
Dissolve in pan on stove; do not boil
1 cup brown sugar
½ cup butter
3 cups PRESTO
¾ cup milk
3 eggs

Cream butter and sugar Add well beaten eggs (save 2 whites if boiled frosting is desired), then milk and PRESTO Add dissolved chocolate, etc., which has been cooled Mix all well and bake in tins in moderate oven.

Fruit Cake

1 lb. butter
9 eggs
1 lb. light brown sugar
1 lb. PRESTO
2 tsp. mace
2 tsp. cinnamon
3 lbs. currants
2 tbsp. milk
2 lbs. raisins, seeded and finely chopped
½ lb. almonds, blanched and shredded
1 lb. citron thinly sliced, cut in strips

Cream the butter, add sugar gradually and beat thoroughly. Separate yolks from whites of eggs and beat yolks until thick and lemon colored, then beat whites until stiff and dry and add to first mixture. Add milk, fruit, nuts, citron and PRESTO mixed, then mace and cinnamon Put in buttered deep pans, cover with buttered paper, steam three hours and bake one and one-half hours in a slow oven, or bake four hours in a very slow oven Rich fruit cake is always more satisfactory when done if the cooking is accomplished by steaming first.

Baked Apple Pudding

Half fill a buttered pudding dish with sliced apples Make a batter as for a cake, of the following:

1 tbsp. butter
½ cup sugar
1½ cups PRESTO
1 cup milk
1 egg

Pour over apples and bake slowly about forty minutes Serve hot with whipped cream or soft sauce.

Gingerbread

¼ cup butter
½ cup sugar
1 egg
½ cup molasses
½ cup milk
1¾ cups PRESTO
1 tsp. ginger
½ tsp. cinnamon

Cream the butter and the sugar, molasses and yolk of egg Mix and sift together the dry ingredients and add them alternately with the milk to the first mixture Lastly cut in the beaten white of the egg Bake in a moderate oven.

Presto Recipes

Almond Squares

¾ cup butter
1 cup powdered sugar
2 eggs
1 cup PRESTO
¼ tsp. almond extract
¼ lb. almonds, blanched and chopped

Cream butter and sugar together, add eggs beaten light, then flour and almond extract. Spread thin in shallow pan, sprinkle with nuts and sugar. Bake 10 to 15 minutes. Cut in squares and serve.

Boiled Cake

1 cup water
1 cup raisins
1 cup sugar
½ cup butter
1 tsp. cinnamon
1 tsp. cloves
2½ cups PRESTO

Pour all ingredients but PRESTO into saucepan and bring to boiling point. Take from stove and when cold add sifted PRESTO and beat well Bake in buttered cake tin in moderate oven.

Almond Coffee Cake

2 tbsp. butter
3 tbsp. sugar
2 eggs
½ cup milk
2 cups of PRESTO
1 tsp. vanilla

Cream butter and sugar, add well beaten eggs, milk, PRESTO and vanilla. Mix well and turn into buttered flat tin and dust over with following:

2 tbsp. butter
3 tbsp. sugar
½ tsp. cinnamon
1 tsp. flour
3 tbsp. blanched and chopped almonds

Bake in moderate oven.

Presto Fingers

½ cup sugar
¼ cup butter
1 egg
¼ cup milk
1 tsp. vanilla
1½ cups PRESTO

Cream butter and sugar, add egg well beaten, milk, vanilla and sifted PRESTO Mix well and toss on floured board pat to about ¼ inch thickness and cut in strips about finger length, roll in sugar and bake in hot oven

Chocolate Cake

½ cup butter
1 cup sugar
2 eggs
½ cup milk
1½ cups PRESTO
2 squares chocolate (melted)
1 tsp. vanilla

Cream butter and sugar, add yolks of eggs well beaten, then whites of eggs stiffly beaten Add milk, PRESTO, then melted chocolate and vanilla Bake 25 minutes in shallow cake pan.

Presto Desserts are most appetizing

Nut or Date Loaf

¾ cup sugar
3 eggs
1 cup PRESTO
1 cup chopped walnuts
1 cup chopped dates
1 tsp. vanilla

Beat egg yolks until thick, add sugar slowly, then beaten whites of eggs, PRESTO, walnuts, dates and flavoring. Bake in loaf tin in slow oven about 40 minutes.

Sponge Cake

6 eggs
1 cup sugar
1½ cups sifted PRESTO
3 tbsp. hot water
½ tbsp. flavoring

Beat yolks of eggs until lemon colored, add sugar slowly, then hot water and flavoring. Add sifted PRESTO and whites beaten stiffly. Bake in angel food tin in slow oven.

Milk Sponge Cake

2 eggs
6 tbsp. hot milk
1 cup PRESTO
1 cup sugar
1 tsp. vanilla or lemon extract

Beat yolks of eggs until thick, add half of sugar slowly, beating continually, add hot milk, remainder of sugar and whites of eggs beaten until stiff, add flavoring and sifted PRESTO. Bake in ungreased tube pan in moderate oven about 25 minutes.

Jelly Roll

2 eggs
½ cup sugar
½ cup PRESTO
1 tsp. vanilla or lemon flavoring

Beat eggs very light, add sugar slowly, then sifted PRESTO and flavoring. Bake in shallow pan, spread with jelly while hot. Roll (this must be done quickly). Wrap in towel until cool.

Angel Cake

whites of 8 eggs
1 tsp. cream of tartar
1 cup sugar
1 cup sifted PRESTO
¾ tsp. vanilla or almond flavoring

Beat whites of eggs until frothy, add cream of tartar and beat until stiff. Then add gradually sugar sifted. Fold in PRESTO which has been sifted three times, and flavoring. Bake in angel cake pan 45 to 5[illegible] minutes in slow oven.

Presto Recipes

Cake Fillings and Frostings

Cream Filling

¾ cup sugar
⅓ cup flour
2 eggs
2 cups scalded milk
1 tsp. vanilla or lemon extract

Mix dry ingredients, add eggs slightly beaten and pour gradually on scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thickened. Cool and flavor.

Chocolate Cream Filling

Put one and one-fourth squares of unsweetened chocolate in saucepan and melt over hot water. Add to cream filling, using one cup of sugar instead of three quarters.

Fig Filling

½ lb. figs, finely chopped
⅓ cup sugar
⅓ cup boiling water
1 tbsp. lemon juice

Mix all ingredients in order given and cook in double boiler until thick enough to spread. Spread while hot.

Orange Filling

½ cup sugar
2½ tbsp. flour
grated rind ½ orange
¼ cup orange juice
½ tbsp. lemon juice
1 egg slightly beaten
1 tsp. butter

Mix sugar and flour, add grated lemon rind, orange juice and egg slightly beaten. Put butter in saucepan and when melted add mixture, stirring constantly until boiling point is reached. Careful not to burn. Cool before spreading.

For lemon filling follow above directions, but use 1 cup sugar, grated rind of 2 lemons and ¼ cup lemon juice instead of orange juice and rind.

Orange Frosting

grated rind 1 orange
1 tsp. vanilla
½ tsp. lemon juice
1 tbsp. orange juice
yolk of 1 egg
confectioners' sugar

Add rind to vanilla, orange and lemon juice. Let stand ten minutes. Strain and gradually add yolk of egg slightly beaten. Stir in enough sugar until right consistency to spread.

Boiled Frosting

1 cup sugar
½ cup water
whites of 2 eggs
1 tsp. vanilla or lemon extract

Boil sugar and water until it spins a thread when tested with spoon. Pour syrup gradually on beaten whites of eggs. When nearly cool add flavoring.

Cocoanut Frosting

Spread Boiled Frosting on layers and sprinkle with freshly grated or box cocoanut, while frosting is still moist.

Chocolate Frosting

To Boiled Frosting add one and one-half squares of melted bitter chocolate as soon as syrup is added to eggs.

Brown Sugar Frosting

Make same as Boiled Frosting, using brown sugar instead of white.

Maple Sugar Frosting

1 lb. maple sugar
½ cup boiling water
whites of 2 eggs

Break maple sugar into small pieces, add to boiling water, stirring occasionally until sugar is dissolved. Boil then without stirring, until syrup will thread when dropped from tip of spoon. Pour gradually on beaten whites of eggs and beat until thick.

Uncooked Chocolate Frosting

2 squares bitter chocolate
1 tbsp. butter
2 cups confectioners' sugar
¼ cup milk or cream
½ tsp. vanilla

Melt chocolate and butter in dish over boiling water, take from stove. Add sugar and milk alternately until right consistency. Add vanilla, beat well and spread.

Burnt Almond Frosting

10 ounces confectioners' sugar
4 ounces butter
½ lb. almonds
2 or 3 tbsp. milk or cream

Cream butter, add confectioners' sugar gradually, moistening occasionally with cream or milk. Spread small sponge cakes with mixture and dip in almonds which have been blanched, toasted in hot oven to a light brown, and rolled fine.

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Baking Hints

To bake good cakes, pies, biscuits and other pastries you must use the right kind of flour and follow a few well-defined rules. In PRESTO you have the best flour for pastry use, ready mixed with the leavening ingredients; and if you will follow these simple directions, you can be certain that everything you put into the oven will be a mouth-watering success:

All recipes should be carefully followed.
Have all materials measured and utensils ready before starting to mix cake.
When using eggs, always separate and beat unless instructions are otherwise.
A cake batter should be mixed thoroughly, but the less a biscuit dough or pie crust is handled the better the results.
Small and layer cakes require a hot oven, as do biscuits, muffins and pop-overs.
Loaf cake, a moderate oven.
Sponge and Angel cake, a slow oven.
Fruit pies, such as apple and fresh berry, require longer cooking than when using canned fruits.
Use a clean broom straw to test a cake. If straw comes out clean from center of cake, it is ready to take from oven.
If cake browns too quickly, put sheet of paper over top.
Never move a cake during the first quarter of baking.
Have oven to required heat before putting in cake.

If you have some favorite recipe which is not given in this book, use PRESTO Self-Rising Flour just the same, but be sure to omit leavening ingredients called for in your recipe.

In grinding H-O through a food or meat chopper, be certain to put only a small quantity in the grinder at one time. This facilitates and eases grinding.

If you are in doubt about any recipes, write our Cereal Research Department and we will be glad to give you the information wanted.

The H-O Cereal Company, Inc.
Buffalo, New York

"FORCE"
THE WHOLE WHEAT
COOKED WITH MALT
"FORCE"
TOASTED
WHEAT FLAKE
"THE SIGN OF PERFECTION"
THE
H-O
MILLS
Presto
Self-Rising Flour
For Cake, Pie,
Biscuits and Pastry
THE H-O CEREAL COMPANY, INC.
BUFFALO, N.Y.
H-O
HORNBY'S OATS
H-O FOR BREAKFAST
HORNBY'S OATS
HORNBY'S OATS
STEAM COOKED AND PAN-TOASTED
The Original Hornby's Oatmeal

IF you wish copies of "The Better Table" or "Food For Growing Children" sent to any of your friends we will gladly do so.

Return this form with names and addresses, checking either or both books to be sent.

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